

You Are Invited To

Tai Chi /Chih



Movement toward better health

- *Meditation | Meditación*
- *Relaxation | Relajación*
- *Breathing | Respiración*
- *Centering | Concentración*

TUESDAY, JANUARY 9TH

11:15 AM - 12:30 PM

at

*Josephine's Place
A Space for Women
622 Elizabeth Avenue
Elizabeth, NJ 07206
(908) 436-0099*